HEALTH AND BEAUTY

You do have less free-wheeling surplus energy if you are over 35. You have slowed up a little and you may as well face it. Generalizations of course, don't always apply. One person of 45 can hove more energy left than an average 20 - year old to begin with. Another may have less at 50 than a 70-year-old. It depends on the person.

Studies show that it is possible to compensate for the slight drop in energy by more knowhow and experience. You make fewer wasted motions, you put more value on your time. For you, time seems to be rushing by faster than it did.

It is true that faster-living organisms, like a fly, think a day is much longer than does a slower-living mechanism, like an elephant. To the hopped-up insect, a day seems plenty long for a life-time. He buzzes around thinking he has eons to waste.

After your metabolism rate drops your time sense speeds up, and a day seems shorter to you and tomorrow is always upon you. It is hard to get as much done in a day as you did before, and you may have the feeling that you never complete your job. The trick is to know that this is natural, and not to expect quite as much of yourself as you did a few years ago.

Pushing yourself past your energy may be all right once in a great while, but a steady diet of thistreatmetn, and your body will pay.

The middle years should be a period of inventiveness when a man is best able to try out new and original ideas.

Try to relax and be yourself. Do some of the things you have always wanted to do, but never had the nerve or the time.

Give A Second Though To Watering Equipment

Poultry waterers should be easy to clean.

Specialists at VPI say to remember that fact when you're shopping for new watering euipment for the poultry flock. Plan arrangements so the water will not readly become fouled with litter. Locate waterers and feeders so layers do not have to travel far to the suuply. An egg is about 70 per cent water, and a laying flock uses lots of water to keep up egg production. Each 100 birds will use five or six gallons of water per day — even more in warm weather.

When planning a watering system, the specialists add, include provision for washing eggs and clean ing the holding room, packing room, and all equipment.

No one is interested in your troubles — only in how you take them.

Mental vacations are as necessary as physical rest.

Excuses rarely fool people, despite notions to the contrary.

About the only thing one can't buy these days in a reputation.

You have so much to be thankful for in 1960, so why not be thankful.

Influx of migrant farm workers at peak in East.

Those who lose their [illegible] games should stick to [illegible] suits.

Every town in the nation, [illegible] ing Appomattox, can improve [illegible] pearance without spending much money.

Unity is called far of [illegible] Africa.

Appomattox Auto Parts

BUY AND SELL WRECKED CARS
Good Used Parts, Tires, and Batteries.
Late Model Engines, Transmissions, etc.
AT REASONABLE PRICES.
J. S. MOORE, Prop.

Phone 352-6921

WE SPECIALIZE IN RESIDENTIAL WIRING!

So appliances run better, lights stay bright, TV picture stays big and clear, we'll rewire your home at reasonable cost . . . give you a big electric service entrance, plenty of regular and heavy-duty circuits, all the handy switches and outlets you [illegible] for HOUSEPOWER.

Get our FREE wiring check-up and no-obligation cost estimate.

Ranson Electric Co.

DIAL 352-7262
EVERGREEN, VA.

Telephone Subscribers Please Note

In this space for the next several weeks we will llist the name and telephone number of new telephones connected and not in the new Temporary Directory.

THE NAMES IN THIS AD WILL NOT BE INCLUDED WITH LISTING NEXT WEEK SO KEEP THIS LIST IN YOUR DIRECTORY FOR FUTURE USE ALONG WITH OTHER LISTINGS.

Appomattox Exchange

Austin David O	352-6824
Austin R G	352-6829
Banton Charles R	352-6812
Beasley Grover P Sr	352-6820
Bryant Daniel C	352-2428
Bryant Oscar E	352-2422
Bryant R R	352-2420
Chandler Obie	352-5153
Childers Clyde D	352-7232
Conner Russell C	352-6153
Covington Martin L	352-6813
Covington Mary V	352-6817
Covington W T	352-7314
Day J E	352-6152
Dunn Laura Miss	352-5158
Ferguson E T	352-2425
Ferguson Lloyd T	352-2429
Franklin C E Sr Mrs	352-6827
Franklin J G (James)	352-6822
Garrett Leonard C	352-3824
Goin J W	352-6823
Harris Emmett	352-5159
H[illegible] Charlie H	352-5152
[illegible] Harry W	352-6814
Ka[illegible]e D H	352-2427
Kraatz Patricia Miss	352-5154
Morris Robert M	352-3820
O'Brien William D	352-3825
Richardson Bernard C	352-7319
Robinson W W	352-7312
Smith David L Mrs	352-6828
Slagle W O	352-7318
Slough J M	352-6818
Turns Mrs Mary N	352-5157
Vansant E L	352-7313
Wooldridge L Fred	352-3458

Changes to be made in Temporary Directory

	FROM	TO
Bryant Robert L	352-2244	352-6834
Ferguson Harry T Jr	352-2424	352-6844
Johnson Elon O	352-4364	352-6364
Morris J E	352-3061	352-7251
Vera Elementary School	352-2247	352-6837

- Speeds growth
- Simplifies feeding
- Encourages roughage consumption
- Saves money

FREE FOLDER! TWIN-MIX CALF FEEDING PROGRAM

WIRTHMORE POULTRY-DAIRY-STOCK FEEDS

Come in and ask for your free copy.

Appomattox Farmers Supply Co.

USED OK TRUCKS — USED OK CARS

CHEVROLET

Passenger Cars

1—1956 Chevrolet Bel Air 4 Dr., Powerglide trans, 8 cylinder Red and white, one owner.

1—1958 Chevrolet Biscayne 2 Dr, Powerglide trans, one owner

1—1958 Chevrolet Biscayne 2 Dr., St drive, one owner

1—1953 Plymouth 4 Dr., beautiful car.

1—1956 Oldsmobile 4 Dr, hydramatic drive, heater, radio, White and Blue, extra clean.

1—1955 Oldsmobile 2 Dr. hardtop.

1—1958 Chevrolet 4 Dr. Bel Air Powerglide 8 cylinder, nice car.

1—1955 Pontiac 2 Dr hardtop, nice car.

Trucks

1—1956 Chevrolet 2 ton 2 speed, nice truck with body, good tires

1—1952 GMC 2 ton 2 speed

1—1950 Chev. 2 ton 2 speed with body, good truck

1—1953 Chevrolet 2 ton 2 speed

1—1950 Ford 2 ton

1—1952 Chevrolet ½ ton pick up.

MOSES MOTOR CO.

PHONE 3773 LICENSE NO. 3 APPOMATTOX, VA.

SPECIAL OFFER . . . LIMITED TIME ONLY!

FOR THE FIRST TIME IN HISTORY GET A FREE TRIAL SIZE WITH PURCHASE OF

Rexall SUPER PLENAMINS

America's Largest Selling Vitamin-Mineral Product

Buy a bottle of 72 tablets at regular price and get a bottle of 18 FREE!

$6.19 Value 4.79 Save $1.40

One Super Plenamins Tablet gives you 11 Vitamins plus 12 minerals — MORE than your daily requirement of ALL Vitamins with set minimums. Use the free trial size—if not satisfied return large size unopened for money back.

144's plus 36 FREE....10.54 Value 7.95 - 288's plus 72 FREE....18.69 Value [illegible]

Super Plenamins Junior Tablets (for children 6-12) 144's plus 36 FREE....7.28 Value [illegible]

Super Plenamins Junior Liquid (for children 1-12) Pint plus trial bottle FREE....6.95 Value [illegible]

YOU CAN DEPEND ON Rexall DRUG PRODUCTS

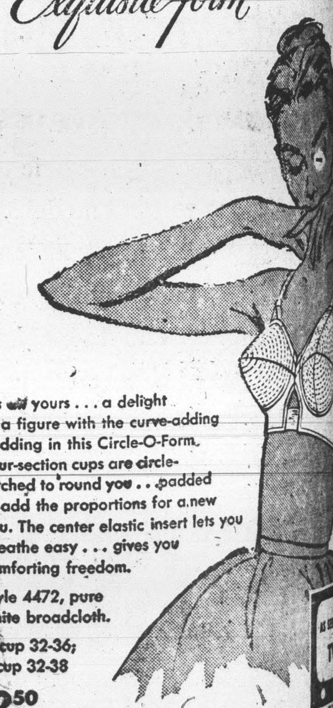
IMPORTANT NOTICE

As of September 1, we will close at 7 P. M. [illegible] day. This is done to meet requirements of [illegible] hours of our employees. We thank you for your [illegible] operation, and we are happy to serve you.

SPENCER Rexall DRUG
GOOD HEALTH TO ALL FROM REXALL

It's lightly padded to ac-cen-tu-ate the positive!

CIRCLE-O-FORM by *Exquisite Form*



It's all yours . . . a delight of a figure with the curve-adding padding in this Circle-O-Form. Four-section cups are circle-stitched to round you . . . padded to add the proportions for a new you. The center elastic insert lets you breathe easy . . . gives you comforting freedom.

Style 4472, pure white broadcloth.
A cup 32-36; B cup 32-38
$2.50

OTHER STYLES $1.50 [illegible]

INGE'S DEPT. STORE
Appomattox, Va.

[S]tonewall

[S]tonewall, Sept. 12.- My we really [illegible] some heavy rain over week end, [illegible] so thankful we did not get the [illegible] that so many folks had.

[W]e are al so glad too hear Mrs. [illegible] Wheeler is getting on so nicely [illegible] she will soon be up and [illegible] home.

We want to congratulate Mr. and [Mrs.] Dalas Moore on the arrival of [a] son in Virginia Baptist Hospital [on] Tuesday, Mrs. Moore and son [have] returned home and both getting [along] real nicely. Bert wishes to the [proud] parents and baby

[Mr.] and Mrs. Richard Radden of [illegible] spent the week end here [visiting] her parents Mr. and Mrs. Lyle [illegible] also attended preaching service [illegible] at Bethel to hear Mr. Smith [illegible].

[Mr.] and Mrs. C. D. C[illegible] spent [illegible] in Lynchburg with Mr. and [Mrs.] [illegible] Shu alters and Steve were [illegible] by Mr. and Mrs. Cantrall [illegible] girls.

[Mr. and] Mrs. Tom Christian of [illegible] visited with relatives here [over] the week end.

[The] W. S. C. S. of Bethel Church [will meet] in the home of Mrs. Bessie [illegible] in Lynchburg tomorrow [and] a good attendance is expected.

[We] are happy to hear that Mr. [illegible] Routon will arrive back in [the] States on Wednesday [Sept.] 14.

Mr. and Mrs. Henry Beard and Lawrence were dinner guest of her parents on Sunday, Mr. and Mrs. E. L. Chick. They all visited in Lynchburg that afternoon with Mr and Mrs. C. F. Drinkard, Sr.

Miss Alva Moore, of Lynchburg spent the week-end with Mr. and Mrs. O. P. Turnes.

Miss Madlyn Bondurant, of Lynchburg spent the week-end with her parents, Mr. and Mr... Wallace Bondurant, Sr.

Mrs. Tilden Lee attended homecoming at her old home church near Rustburg on Sunday.

Mr. and Mrs. Billy Carson have gone back to V. P. I. for the winter. He will attend college there, and she will nurse there this winter.

We are all so sorry to hear that Mr. Paris Jennings had a fall and broke several ribs.

Play safe — drive carefully.

RED OAK BAPTIST CHURCH

Rev. Lewis Garrett, Pastor
Sunday School — 9:45 A. M.
Morning Worship — 10:55 A. M.
Training Union — 7.00 P. M.
Adult Choir Practice — 8:00 P. M.
Family Night — Wednesday 7:30 P. M.
Youth Choir Practice — Thursday 7:30 P. M.

HEBRON BAPTIST CHURCH

John P. Leitner, Pastor
Sunday School, 10 A. M.
Tom O Davidson, Superintendent.
Morning Worship, 11:00 A. M.
Training Union, 7:00 P. M.
Monros Dyess, Director.
Prayer Service, Wednesday, 7:30 P. M.
Choir Rehearsal, Wednesday, 8:00 P. M.
Mrs. Virginia Bondurant, Director.

NEW HOPE BAPTIST CHURCH

Vera, Va.
Sunday School, 10 A. M.
Morning Worship, 11 A. M.

Trade in a Growing Town

APPOMATTOX!

FARM LOANS

[Protect] the future of your farm by financing with a LAND BANK LOAN
LONG TERM
LOW INTEREST
[Never] comes due all at once. Pay off at any time
J. A. Overstreet
Asst. Secretary-Treasurer
NATIONAL FARM LOAN ASSOCIATION OF FARMVILLE
Lynchburg, Virginia
[illegible] Main St.—Phone 2-6303

Eyes Examined
Glasses Fitted
Dr. B. A. Belkin
Optometrist - Optician
Lynchburg, Va.
Victor [illegible] — [illegible] Main

WANT ADS are STAR SALESMEN

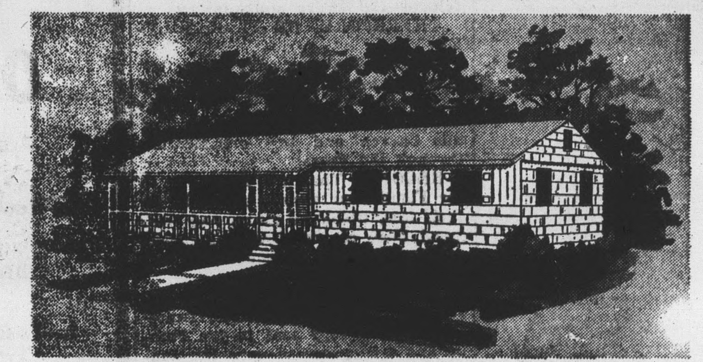
STRENGTH FOR THESE DAYS

[The] Bible
They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary, and they shall walk and not faint.—(Isaiah 40:31)

To wait upon God is to seek, through prayer and righteous living, to be one with Him in all things at all times all our days, in the sure knowledge that without His love within us, we can achieve little that is truly good and lasting.

PRINTING
ANY QUANTITY
BEST QUALITY
THE TIMES - VIRGINIAN
Tel. [illegible] - Appomattox, Va.

WHO BRINGS YOU A HOME WITH **NEW LIFETIME ASBESTOS SHINGLES FOR JUST $5 DOWN?**



"THE AMERICAN" 3 BEDROOMS $3,295

"THE WIREWOOD" 3 BEDROOMS 2695.00

WISE DOES!

NOW—WISE ADDS THE BONUS OF LIFETIME ASBESTOS SHINGLES—

INSULATIVE STORM SHEATHING!

WITH A $5 BILL AND A CLEAR DEED TO YOUR LOT—YOU CAN *STILL* OWN A BEAUTIFUL WISE HOME!

YOUR HOME PRESERVED IN PLASTIC! Beautiful, care-free asbestos shingles in your choice of colors! Never need paint! Colors are actually preserved in plastic for lifetime beauty! FIRE-SAFE They won't burn! NON-METALLIC—Eliminate electrical hazards! PEEL PROOF! Never need paint! TERMITE PROOF! Resist all pests! ROT PROOF! Eliminate all upkeep costs—Save you money for a lifetime! BEAUTIFUL! Your choice of colors.

YOUR HOME SELF INSULATED! ½" storm sheathing provides insulation equal to 3½" thicknesses of yellow pine . . . 7" of gypsum board . . . 15" of solid brick . . . 36" of solid concrete! This storm sheathing means: COMFORT! Keeps your home warm in winter—cool in summer! ECONOMY! You save on cost of heating! Cut fuel bills way low! STRENGTH! Adds greatly to strength and durability of your home.

TESTS PROVE: ½" INSULATIVE STORM SHEATHING GREATLY SURPASSES REQUIREMENTS OF MODERN BUILDING CONSTRUCTION!

PLUS!

- Stronger truss roof design!
- Lifetime aluminum windows and screens!
- Jalousied front door with screen!
- Rear door with sliding window and screen!
- Tongue and groove flooring!
- 2 x 6 ceiling joists and rafters!
- 2 x 8 floor joists!

WISE HOMES are not PRE-FABS!

They're custom built on your lot! Completely finished on the outside! YOU SAVE UP TO 70% OF COST by finishing the inside yourself! It's easy—inside wall partitions are already in place!

20 BEAUTIFUL MODELS TO CHOOSE FROM! MORE THAN 2000 WISE HOMES BUILT LAST YEAR!
Call colect VI68427

LOW MONTHLY PAYMENTS! YOU OWN HOME IN ONLY 6 SHORT YEARS.

Fill in Coupon—Mail Today—or Call Collect

WISE *Homes, Inc.*
P. O. Box 919 Lynchburg

FREE! Illustrated color folder showing WISE HOMES, floor plans! Send for it today—or come by and see our display homes yourself!

My Phone No. ______
☐ I own my own lot ☐ I do not own lot
MY NAME ______
ADDRESS ______
DIRECTIONS TO MY LOT ______